



# YRBSS

National Youth Risk Behavior Survey: 1991-2003

## *Trends in the Prevalence of Overweight*

### What Is the National Youth Risk Behavior Survey (YRBS)?

The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1991	1993	1995	1997	1999	2001	2003	Changes from 1991 – 2003 <sup>1</sup>	Change from 2001 – 2003 <sup>2</sup>
<b>At risk for overweight</b> (Students who were at or above the 85 <sup>th</sup> percentile but below the 95 <sup>th</sup> percentile for body mass index, by age and sex, based on reference data.)								
NA <sup>3</sup>	NA	NA	NA	14.3 (±1.0) <sup>4</sup>	13.6 (±0.8)	15.4 (±1.3)	No change, 1999 – 2003	Increased
<b>Overweight</b> (Students who were at or above the 95 <sup>th</sup> percentile for body mass index, by age and sex, based on reference data.)								
NA	NA	NA	NA	10.8 (±1.2)	10.5 (±1.0)	13.5 (±3.1)	No change, 1999 – 2003	No change
<b>Described themselves as overweight</b>								
31.8 (±2.0)	34.3 (±1.4)	27.6 (±1.3)	27.3 (±1.5)	30.0 (±1.0)	29.2 (±1.2)	29.6 (±1.9)	Decreased, 1991 – 1995 No change, 1995 – 2003	No change
<b>Were trying to lose weight</b>								
41.8 (±2.1)	40.3 (±1.6)	41.4 (±1.5)	39.7 (±1.7)	42.7 (±1.5)	46.0 (±1.6)	43.8 (±2.6)	Increased, 1991 – 2003	No change

<sup>1</sup> Based on linear and quadratic trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

<sup>2</sup> Based on T-test analyses.

<sup>3</sup> Not available.

<sup>4</sup> 95% confidence interval.

### Where can I find more information?

More information about the YRBSS is available at [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss) or call (888)231-6405.



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